



# C.H.A.N.G.E.S. NEWSLETTER



September, 2003

**C.H.A.N.G.E.S.**

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## Annual General Meeting

Members are invited to attend the C.H.A.N.G.E.S. Annual General Meeting on Sunday, September 28th, 2003 at the C.H.A.N.G.E.S. office in Peterborough Square.

A light lunch will be served followed by the General Meeting. Please RSVP your attendance no later than September 19th to the office at (705) 749-6695.

**You must be a member to have voting privileges!**

\*Children's activities and childcare are yet to be determined\*

## UPCOMING EVENTS

### September

Annual General Meeting

September 28th, 2003

### October

Monster Mash Bowl-A-Thon

Sunday, October 26th, 2003

### November

Down syndrome Awareness Week

November 1st - 7th

### December

Christmas Party

*If you are interested in helping out with any of these events Please call the office @ 749-6695*



## BLUE JAYS GAME

**DATE:** SUNDAY, SEPTEMBER 14TH, 2003

**PLACE:** SKYDOME IN TORONTO

**COST:** \$15.00/MEMBERS AND  
\$20.00/NON-MEMBERS

**DEPARTURE TIME:** BUS LEAVES AT  
10:00 am

**RETURN TIME:** APPROXIMATELY  
7:00 pm

**GAME STARTS AT 1:05 pm**

*Bus departs from the Evinrude Centre*

**TORONTO BLUE JAYS**

VS

**BALTIMORE ORIOLES**

Call C.H.A.N.G.E.S. to book your seat(s) now or for more information on this event

Remember...seating is limited!

### Inside this issue:

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Mission Statement: To support each other in our quest to normalize and enrich the lives of our children so that they will reach their fullest potential.


## Just a reminder.....



### Summer Wrap Up Circle

On Tuesday, August 19th an activity called Whole Art Circles was attended by 13 people. It was led by Chad Irwin from C.O.I.N (Community Opportunity & Innovative Network Inc).

A variety of drums and percussion instruments were played while people sat on the grass at Millennium Park. A good time was had by all as they laughed, kept beat and used several forms of communication.

Thanks to Chad Irwin and everyone who attended!

### Volunteer Bingo Runners Needed!



Bingo runners are needed at  
Kawartha Club Bingo  
**12:00 p.m. to 3:30 p. m.**

Can you commit one to three Saturday afternoons every other month to help C.H.A.N.G.E.S.?

Please call Jen at the office at 749-6695.

Money raised will go towards new resources and programs.

Dates: September 6th, 13th & 20th, October 18th, 25th & November 1st

*High School Students—This is a good way to get your mandatory 40 hours in!*

### Monster Mash Bowl-A-Thon



Place: Lakeview Bowling Alley (Market Plaza)

Date: Sunday, October 26th, 2003



Pledge sheets and signup sheets will be available shortly.

First prize for most pledges collected is a box suite at the Memorial Centre for Sunday, November 9th, 2003.



**Peterborough Petes**

VS

**Barrie Colts**



If you are interested in assisting with this fundraising committee, please contact Deb Reid at 749-6695.

Let's make this Monster Mash the biggest and best event of 2003!

Get your costumes ready!



## We Have New Staff!



### **Janet Hogeboom - Program Coordinator**

As the new Program Coordinator, I was privileged to join the team of staff at C.H.A.N.G.E.S. in June 2003.

My experience and training over the past twenty five years has been with special needs children and their families. As a Certified Child and Youth Counsellor, I worked within residential settings and as an Educational Assistant with school boards in the Special Education Department. Being a Certified Adult Teacher Trainer, training staff and volunteers and developing and delivering workshops for a variety of local organizations has kept me busy for the past few years. I have also worked locally in the mental health field as a Crisis Support and Advocate.

The year ahead of us plans to be full of new ideas and a growing membership, as well as new resources and activities for the families we support! Stop in to the office for a visit and share your ideas!

### **Jen Gaskell - Volunteer Coordinator**

I started out as a volunteer for C.H.A.N.G.E.S. in July 2002, and have just recently been hired on as Volunteer Coordinator. Having been a volunteer with this organization, I have had the opportunity to learn a lot about Down syndrome, fundraising, our programs and resources and have met so many interesting people within C.H.A.N.G.E.S. and the community.

Since starting with C.H.A.N.G.E.S., I have been actively involved in many fundraisers including our Golf Tournaments, Bowl-A-Thon, Christmas Raffle, and Tag Days. I have also coordinated and published our last few Newsletters and will continue to do so in the future.

Within the next year, my goal is to actively recruit a strong volunteer database for C.H.A.N.G.E.S., by accessing public avenues, working with the Volunteer Bureau and attending Volunteer fairs and workshops throughout the year. Also, as part of this job, I will be helping out with C.H.A.N.G.E.S. Bingo fundraisers with Deb Reid our Office Coordinator.

I'm looking forward to the year ahead supporting awareness of Down syndrome and C.H.A.N.G.E.S., as well as working with our clientele, board members and surrounding community.

# Free Services Provided By C.H.A.N.G.E.S.

## C.H.A.N.G.E.S. E-BAE

Got some things that you consider trash?  
Why not sell it and make some cash!

If you have an ad to run,  
C.H.A.N.G.E.S. Newsletter is the place to get it done.

Maybe you have a service to offer and provide,  
The best way to spread the word is advertise.

It will cost you nothing at all,  
No item too big, no item too small.

To buy, sell, exchange, or give away,  
Place an ad on C.H.A.N.G.E.S. E-bae!!



Going once, twice,  
SOLD!

Call Jen at the office if you have  
anything you would like to put on our  
E-bae and it will be placed in the next  
edition of C.H.A.N.G.E.S.  
Newsletter.

## Wee Ups & Downs

Infant & Toddler Playgroup/Parent Support Group

Join us every second Monday of the Month

Place: C.H.A.N.G.E.S. office in Peterborough Square

Date: September 8th, 2003

Time: 10:00 am - 12:00 pm

Facilitated by: Peterborough County & City Health Unit

Nutritious snacks are provided by C.H.A.N.G.E.S.



*Thank You For Your  
Generous Donation!*

*Americredit*

*Dali-Robin Edwards*

*Peterborough Lioness Club*

*Rotary Club of Peterborough*

*Rotary Club of Peterborough*

*Kawartha*



*Thank You To All Of  
C.H.A.N.G.E.S.  
Volunteers!*

*Bingo:*

*Paul Guilfoyle, Jamie*

*Jackson, Laurie Thomson,*

*Alex Brunton, Rachel*

*Adamson, and Janice Mose*

*Office:*

*Kerri Adamson, Sue*

*Hatton*

*Golf Tournament:*

*Allyson DeNoble, Jammy*

*Fraleay, and Jeff Reid*

Board Members are needed for  
2003 - 2004.

If you can make a commitment  
and are interested in joining our  
Board, please contact Teresa  
Glaser at 749-6695

## Preparing for the New School Year

provided by Learning Disabilities of PTBO & CDSS

- **Medication requirements** - Provide information in written form; have form signed by physician as required. Ask that the form be sign by the doctor, parent, teacher/principal and the person administering. Establish the routine for administering meds.
- **Transportation needs and routine** - Establish the name of the transportation company, the name of the driver, the driver's telephone number, pick up and drop off times, route number. Make contact with the driver to introduce yourself and your child to him/her. Ask about CPR/First Aid training; confirm that there is a radio on the bus. If transportation has not been established, then contact the Board's Transportation Department Head. **IN JUNE, OBTAIN A LETTER FROM YOUR CHILD'S PHYSICIAN TO FACILITATE OBTAINING APPROPRIATE TRANSPORTATION.**
- Another meeting date and time for some time mid-October
- **What to do if there are concerns about ANYTHING** - State that, if they have any questions, concerns, issues, etc., they should not hesitate to call. Make sure that they have a number where they can contact you during the day AND during the evening. Offer to provide or arrange any type of in-service they require.

KEEP A RECORD OF ALL MEETINGS (write your own minutes if you must) AND TELEPHONE CALLS. DO THINGS IN WRITING WHENEVER POSSIBLE. DO NOT HESITATE TO SEND A THANK YOU CARD PERIODICALLY IF THINGS ARE GOING WELL!

\*TALK TO OTHER PARENTS WHO HAVE GONE THROUGH THIS!!\*

### THE FIRST DAY OF SCHOOL:

- Be excited for your child, and enjoy the day!
- Be prepared for the worst, but expect the best. Know that the bus may be late, the E.A. may not be in place, the ramp may not be built, equipment may not be available, the health room may be full of boxes, etc.
- Realize and acknowledge your mixed emotions about your child starting school, starting a new grade, attending a new school, having to make new friends, having a new bus driver and new teacher and new assistant, having new routines. Know that sometimes our kids handle change better than we do. Give them credit for adapting; don't undermine their ability to adapt. But acknowledge it may be very difficult for them; there may be a period of unsettled behaviour.

### HOW CAN PARENTS HELP:

Parents are central to student motivation. The beginning of a new school year is very important. Children with special needs often struggle with change. Parents can help get the school year off to a good start.

- Provide a warm, accepting home environment
- Give clear directions and feedback
- Create a model for success
- Build on student's strengths
- Relate schoolwork to student's interests
- Help build a family structure that fosters consistent work towards the goal.
- Help the student to have some control over how and when he/she learns
- Emphasize the child's progress rather than his or her performance in comparison to the other students in the class or family
- Remember to reinforce the behaviour you want
- Use reinforcements wisely. Recall that intrinsic motivation works best. Follow a child's interests when possible rather than spending time building elaborate reward systems



### ONE MONTH FOLLOW UP MEETING (by mid-October):

- Schedules must be established; equipment must be in place!
- Ensure that everything is in place
- Answer any questions they may have
- Address any concerns (theirs or yours)
- Acknowledge all positives. Look for success, however small
- Ask any questions you may have
- Arrange the next meeting/interview
- TALK TO OTHER PARENTS WHO HAVE GONE THROUGH THIS!!

## CDSS Conference

By Kathy Traynor

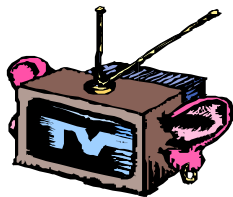
Thursday, May 15th was another exciting day for me as I boarded the aircraft and headed to Vancouver for the CDSS conference held in Burnaby BC. After going to last years conference in Winnipeg Manitoba, I knew I was hooked and had to continue to go each year. The information and ideas you bring home from these conferences are totally amazing yet overwhelming. It is definitely a draining weekend both physically and emotionally. An emotional roller coaster for sure. One minute you are in stitches and the next minute you are wiping the tears from your cheek.

Children's entertainer Rick Scott from Tree House was the M.C. and did a lot of singing with the group. There were many self-advocates who never cease to amaze me with their talent and ability. I had the opportunity to tour the Down Syndrome Research Foundation as well. It is a totally amazing place and a definite asset for those in the Vancouver area.

I can't stress enough what a great thing this is to attend. Especially for parents of younger children and school age children. The speaker that I gained the most information from was Carol Johnson. She will be speaking at the Ontario Down Syndrome Society conference in October in Orillia. I'll be attending that one as well. She's well worth the drive to Orillia. I'm suggesting to all of you that you save your pennies for next years conference in St. John's Newfoundland. You won't be disappointed!!

Stay tuned for the NEW LIST of programs & activities to be offered this Fall!!

We will have new people teaching and hope to start a 10 week session of fun and learning in early October!!



## Family Fun Day

Oct. 5th/03 at 1:30 - 3:30 pm

At Jackson's Park

(Monaghan & Parkhill)

Sponsored by Peterborough Family  
Counselling & the City of  
Peterborough Recreation Dept.



2003 - 2004 Membership forms have been mailed out. Surveys have been enclosed for those with sons/daughters who access our programs. Please return the completed forms in the SASE. Thanks





# Join In and Get Involved!



## “Basic Hockey” Lessons

at Lorne Eakins Hockey School.  
Open to boys & girls age 5-11 yrs.

Call 742-7777 ext. 1873 for more info!

## “Learn To Skate”

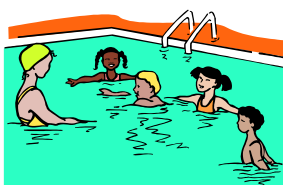
Northcrest Skating School - Call  
City

Recreation Dept. at  
742-7777 ext. 1873

## Teen Gym & Swim

Mondays at Kingswood  
Community Centre  
6:45 - 8:30 pm  
For those who enjoy  
music & fitness!

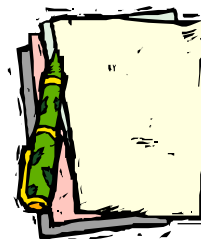
30 Minutes in the gym & 1 hour swim  
Call 742-1873 ext. 1873 for info



## GET INVOLVED, HAVE FUN & LEARN!

Fall Sign Up for Scouts  
call Scouts Canada - 745-3552

Sparks, Brownies,  
Guides, Pathfinders &  
Senior Guides in-  
cludes everyone!



Call Janet for area commissioners  
phone #'s at C.H.A.N.G.E.S.  
749-6695

## Trick or Treat with c.h.a.n.g.e.s.

Peterborough Square & Sir Sandford Fleming College are Coordinating a Children's Halloween Party  
at the Peterborough Square Friday Oct. 31st

from 5:30 - 8:00 pm

C.H.A.N.G.E.S. Staff will be on hand in our office from  
4 pm - 5:30 pm to help with face makeup and costumes!

**Please call the morning of Oct. 29th to confirm you are coming!**



## GOLF 2003 WAS AN EVENT TO REMEMBER!

What a beautiful day to host a golf tournament - C.H.A.N.G.E.S. and Trans Canada Nissan's 2<sup>nd</sup> Annual Charity Golf Classic teed off at noon on Sunday, August 17<sup>th</sup> with a field of 48 golfers. The best ball foursome of Jerry Henderson, Paul Ward, Bob Wolfenden and Lorne Weir took home gift certificates for their big win! Maybe having someone on the team with the last name of Weir was the reason? The best putter of the day was Steve McNulty of M & C Hydraulics - way to go Steve! Everyone enjoyed a delicious dinner hosted by Keystone Links, took home a prize and had the opportunity to bid at our Silent Auction which realized a profit of \$610.00. Many thanks to our volunteers who stayed for the day - Tammy Fraley, Allyson DeNoble, Jen Gaskell and Jeff Reid. A special recognition goes to Trans Canada Nissan for once again offering new vehicles as a hole in one prize (unfortunately no one left the club driving one of them) and to the Wolf 101.5 for their support. Kelly Gellatly did an awesome job with her thank you speech. We hope everyone had a great day and we look forward to seeing you on the links again next year!! We appreciate the wonderful donors that supported our 2003 Charity Golf Classic:

Apple Auto Glass	J. Davis Hair Studio	Port Hope Theatre
Baskin Robbins	Jake's Bar & Grill	Ptbo Fire Department
Bill & Rita Allen	Jen Gaskell	Ptbo Optometric Centre
Blue Jays Baseball Club	Jim Rusk, Clarica	Ptbo Social Planning Council
Brant Office Supply Ltd.	Kawartha TV & Stereo	Ptbo Symphony Orchestra
Bob Crate, Colio Wines	Kraft Canada Inc.	Randall's Decorating Centre
Brian Porter	Kim Aubin	Reboot North
Bryston Ltd.	Kraft Canada	Rehill's
Bud's Music Centre	Lazer Graphics	Reid's Dairy
Cathcart Trucking Ltd.	Liquidation World	Rona Cashway
Chemong RV	Loon Ho Restaurant	Russ Hazard
Community Service Order	M & C Hydraulics	Savage Arms
Currie Tire	M&M Meats	Servicemaster
Darling Insurance	Marine Land	Sports Zone
Days Inn & Suites	McWilliams Moving	Swish Maintenance
Domino's Pizza	Merit Precision Moulding	T.J. Cavanagh Ltd.
Enbridge	Midas Muffler	The Wolf 101.5
Evinrude Centre	Milltown Mini-golf	Trans Canada Nissan
Fandangos Hair Salon	Locks Salon & Spa	Traynor Concrete
Friendly Bridge Club	Monaghan Lumber	Trent Security System
Functional Fundamentals	Mr. Lube	TSC Stores
Gary Dalliday	Nexicom Group	Via Rail
Great Blue Heron Casino	Nu Bodies Extreme Fitness	Vincent Press
Harvey's Restaurant	Pettigrew Massage	Walmart
Hostess Frito-Lay	Pizza Hut	Wild Rock Outfitters Inc.
Hot Belly Mama's	Pizza Pizza	

## Membership/Donations

C.H.A.N.G.E.S., Peterborough & Area Down Syndrome Support Group Membership Form

- Yes, I would like a membership with C.H.A.N.G.E.S., I have enclosed my membership fee of \$15.00
- Yes, I would like to subscribe only to the newsletter, I have enclosed \$10.00.
- Yes, I would like to make a donation to help keep these programs alive and support future initiatives for children, youth, and adults with Down syndrome \$ \_\_\_\_\_ Donation.

Charitable Registration # 124703737RR0001  
Receipts available for donations of \$10.00 or more.

Name: \_\_\_\_\_

Name of child/youth/adult with Down syndrome: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov. \_\_\_\_\_

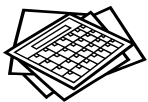
Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Would you like your newsletter sent via email?  Yes  No

Please detach and mail with cheque, payable to C.H.A.N.G.E.S., 360 George St. N. Unit # 24 Peterborough, ON. K9H 7E7



Down syndrome  
Awareness Week

November 1st - 7th

Watch for Details!



## Paul Derumaux Is One of C.H.A.N.G.E.S. Board of Directors

My name is Paul Derumaux and I am currently employed at the Royal Bank as a Personal Banker. I grew up East of Peterborough in Campbellford before pursuing a degree in Commerce at Lakehead University in Thunder Bay. Upon graduation, I spent two years travelling and working in Asia. When I returned I decided to settle in Peterborough.

I have been a Board member with C.H.A.N.G.E.S. for a year and have found it to be a great experience. When I was approached to join the Board for C.H.A.N.G.E.S., I was excited as it was an opportunity for me to use my skills and knowledge and to give back to the community. The C.H.A.N.G.E.S. organization was of particular interest to me as I knew it was going through a major transition period at the time and I was excited to be an influence within the organization during such a transition. My involvement with C.H.A.N.G.E.S. has provided me with a great insight into the not-for-profit sector of the economy, which is very different from my daily dealings working for Canada's largest bank. I have met many wonderful people and learned much about Down syndrome and people living with DS through this organization. I have also witnessed many of the struggles that we as an organization have faced as we evolve from an idea and a vision into reality. Most of all, this has been an invaluable experience that allowed me to feel very much a part of the community. I look forward to continuing to serve on the Board of C.H.A.N.G.E.S. helping our organization fulfill its future goals.